



Education Night: Women's Mental Health & Addictions

Monday, January 26, 2009 from 6:00 – 8:00 pm
UBC Robson Square Theatre, C300
800 Robson Street, Vancouver, BC V5Z 3B7

Members of the public, researchers, practitioners and educators are invited to this free event co-presented by the Women's Health Research Institute Mental Health & Addictions Group (WHRI MHA) and Dr. Erin Michalak, Director, Collaborative Research Team to Study Psychosocial Issues in Bipolar Disorder (CREST.BD.)

The evening will focus on key issues affecting the mental health of women in BC and share new research findings on treatments and self-management techniques for conditions such as depression and bipolar disorder.

The Mind-Body Connection: Understanding How Thoughts Influence Mood

Dr. Mark Lau, Director, BC Cognitive Behaviour Therapy Network, BC Mental Health & Addiction Services, and Clinical Associate Professor, Department of Psychiatry, University of British Columbia

Female Newcomers' Adjustment to Life in Toronto, Canada: Sources of Mental Stress and Their Implications for Delivering Primary Mental Health Care

Dr. Valorie Crooks, Assistant Professor, Department of Geography, Simon Fraser University

Bipolar Disorder in Pregnancy & Postpartum: What Is New?

Dr. Shaila Misri, Clinical Professor, Department of Psychiatry, University of British Columbia, and Director, Provincial Reproductive Mental Health Program, BC Women's Hospital

Moving Towards Wellness: Accepting Bipolar Disorder, Not Being Defined By It

Dr. Melinda Suto, Assistant Professor, Department of Occupational Science & Occupational Therapy, University of British Columbia

PLEASE REGISTER YOUR ATTENDANCE

Contact Marion MacKay-Dunn: mdunn@cw.bc.ca or 604-875-2424 ext. 4978